

Mental Health and Wellbeing Newsletter – December 2024



What is wellbeing?

Mental wellbeing describes how you are feeling and how well you cope with day to day life. Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Past experiences, attitudes and outlook can all impact wellbeing, as can physical or emotional trauma following specific incidents. Our mental health can change from moment to moment, day to day and month to month.

How can I support my own or my child's wellbeing?

The 5 Ways to Wellbeing offer some simple steps that can be done at any time to help improve wellbeing.

1. Connect

Connecting with others can help us to feel close to people and feel valued for who we are. Different people may prefer to connect in different ways, such as in person, online or writing letters.

Why not try? Asking someone how their day was.

2. Get Active

Studies have shown that getting active can improve your mood, help you to sleep better and reduce feelings of stress.

Why not try? Putting some music on and having a dance!

3. Take Notice

Taking notice of the things around you can make you more aware of your mood and help you to 'savour the moment'.

Why not try? Take a moment to look around you and use your senses – what can you hear, see, smell, taste and feel?

4. Learn

We're always learning new things – often without realising it. Feeling like you're learning and developing can help to boost your self-esteem.

Why not try? Learning a new word. www.thesaurus.com has a 'Word of the Day'.

5. Give

Studies have shown that people who help others are more likely to rate themselves as happy.

Why not try? Helping someone with something that they're struggling with.

Our Aim:

At Redwood Primary School we are committed to supporting the emotional health and well-being of our pupils, parents and staff. Everyone experiences life challenges that can make us vulnerable, and anyone may need additional emotional support. Positive mental health is everybody's business and we all have a role to play.

The Well Being Team

Mr. Wild - Designated Mental Health and Well Being Lead

Mrs Collins - Designated Mental Health and Well Being Lead

Mrs Clark – Assistant Head and SEND Coordinator

Miss Beswick, Miss Nicholson, Mrs Ratcliffe and Mrs Roe – Learning Mentors

The Pastoral Team



Our pastoral team are based in The NEST. The NEST is a place where children and families can access lots of support. The NEST can:

- Offer general emotional support for all children and families
- Provide Nurture sessions for groups of children
- Provide 1:1 sessions for children
- Provide ELSA sessions
- Meet and greet children on their arrival at school
- Help families who are struggling with attendance
- Signpost families to other agencies for support
- Lend an ear with a cup of tea and a biscuit
- Support with the cost of living crisis - we now have our own clothing and food bank

The Nest Staff



Miss Beswick



Miss Nicholson



Mrs Ratcliffe



Mrs Roe